

2011

# Sanitation Practices in Alumni Gym Weight Room

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## Recommended Citation

Dickerson, Kellie; Freed, Margaret; Kahn, Lauren; and Perreault, Luke, "Sanitation Practices in Alumni Gym Weight Room" (2011).  
*Great Problems Seminar Posters*. Book 93.

<http://digitalcommons.wpi.edu/gps-posters/93>

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# Sanitation Practices in Alumni Gym Weight Room

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Hazmat Truck at Alumni:  
Don't Let This Be You!

## Abstract

Gymnasiums can be a breeding ground for communicable disease. A survey was conducted on the undergraduates at WPI to gather data on gym hygiene. Based on the data, suggestions can be provided to improve sanitation. Research was conducted on diseases prevalent in gymnasiums, in order to facilitate recommendations for better sanitary habits. A simulation modeling the spread of disease can further educate students on the importance of gym hygiene.

## Need

Establish that there is a lack of proper sanitation in Alumni Gym.

## Methods

- Data was gathered in a survey sent to undergraduates via email.
- Responses were collected and analyzed.
- Research was done on common health issues in gymnasiums, in order to better suggest means to improve gym hygiene.

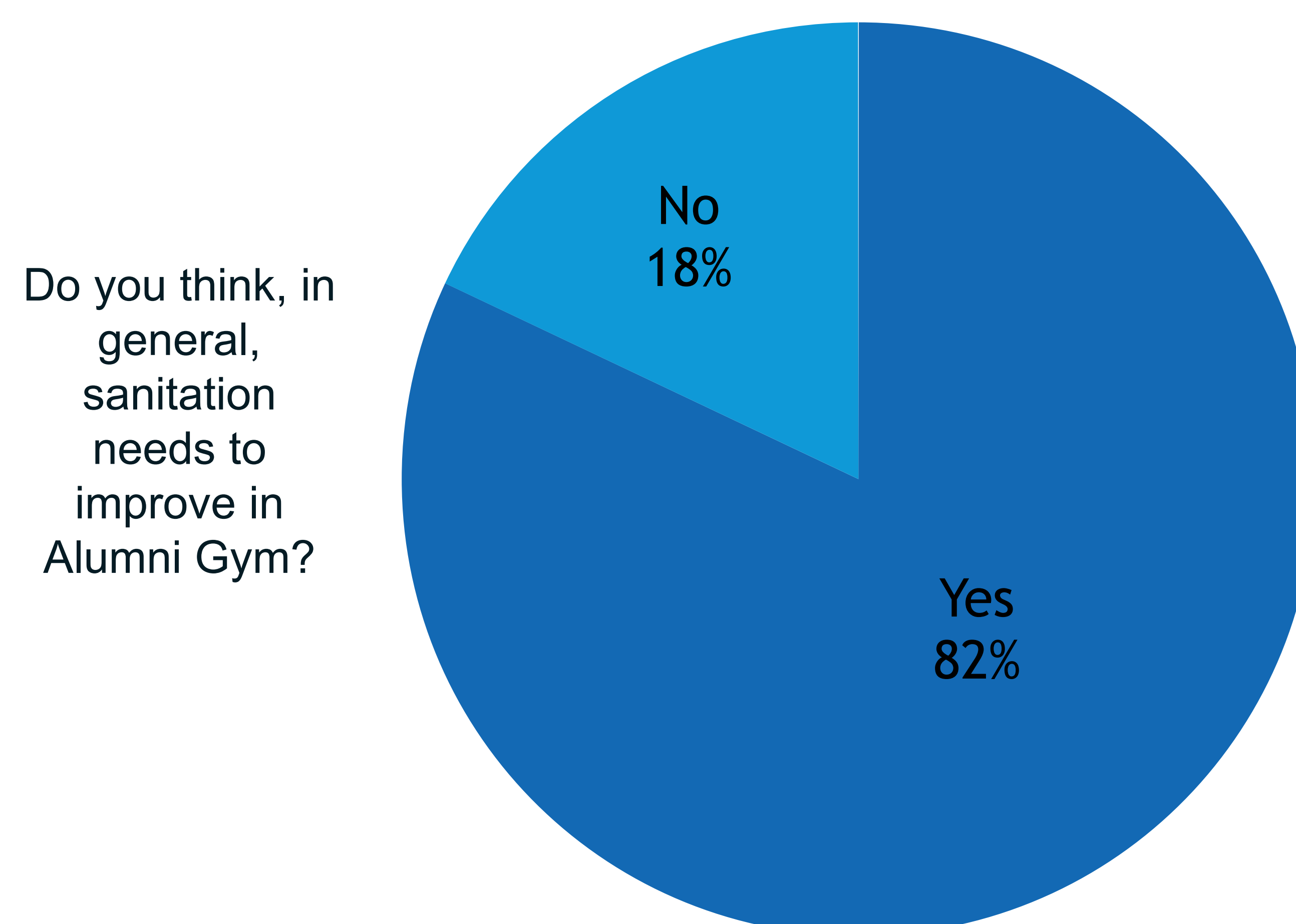
## Simulation



The simulation shows students just how easily disease is spread in a gym. UV Paint, invisible in a normal lighting environment would be put on a few weights and machines.

## Selected Survey Results

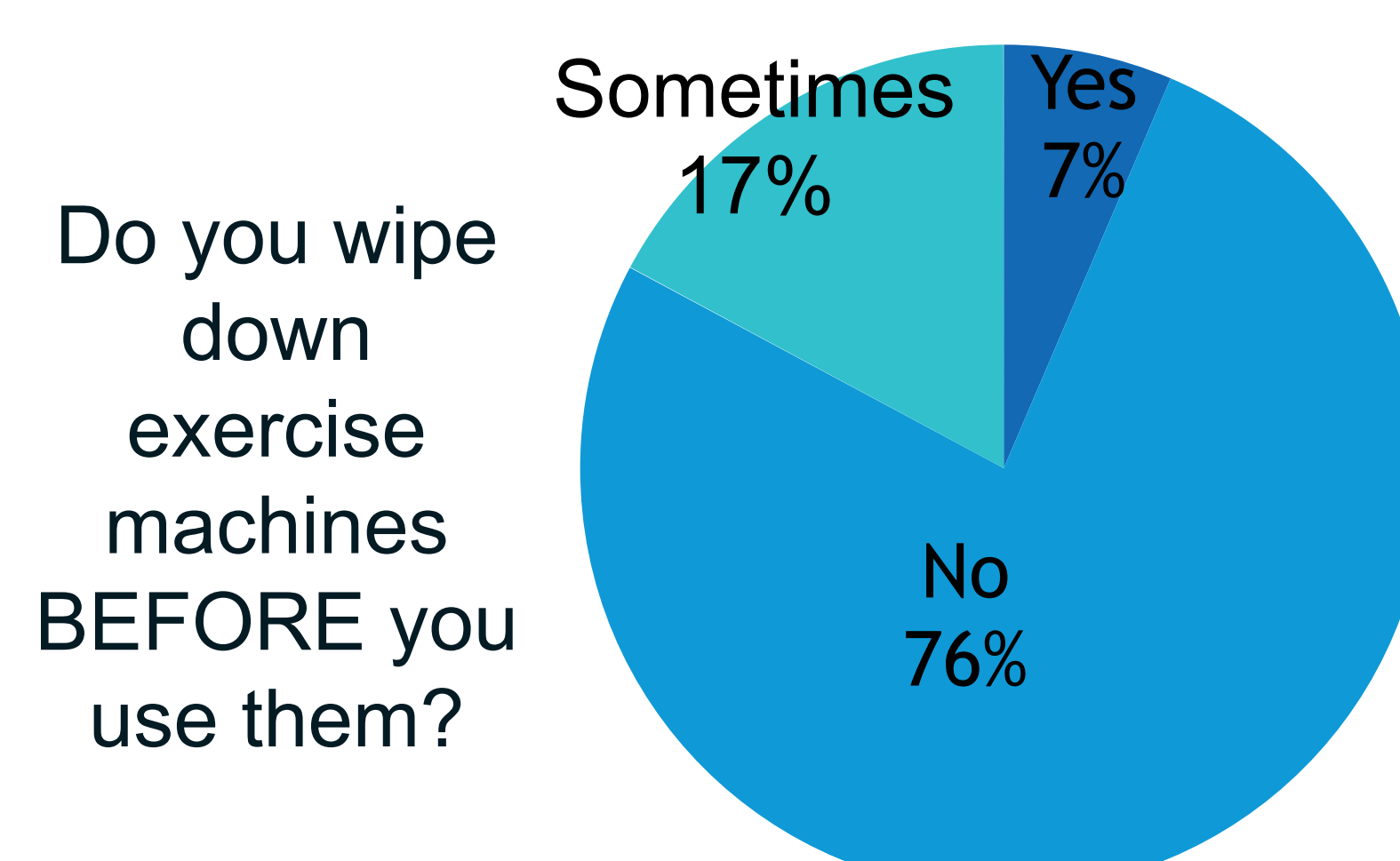
WPI students were not satisfied with the current sanitation condition of Alumni Gym.



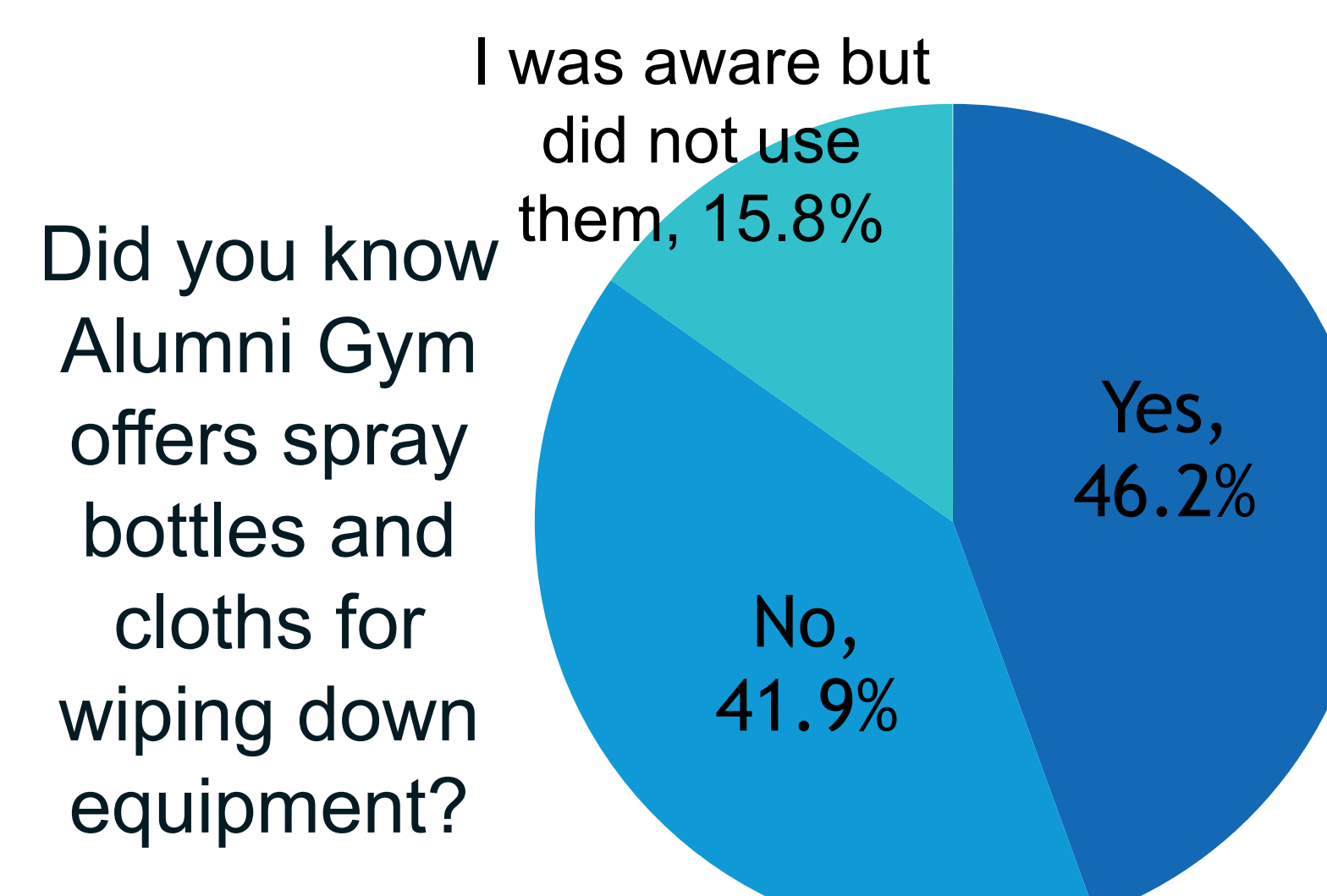
## Conclusions

- A cleaning method must be established that allows easy access to cleaning supplies
- Signs should be created reminding students to practice better hygiene
- The cost of these simple improvements would be minimal.
- It would be important to establish better sanitation practices that could be used in the new gym.

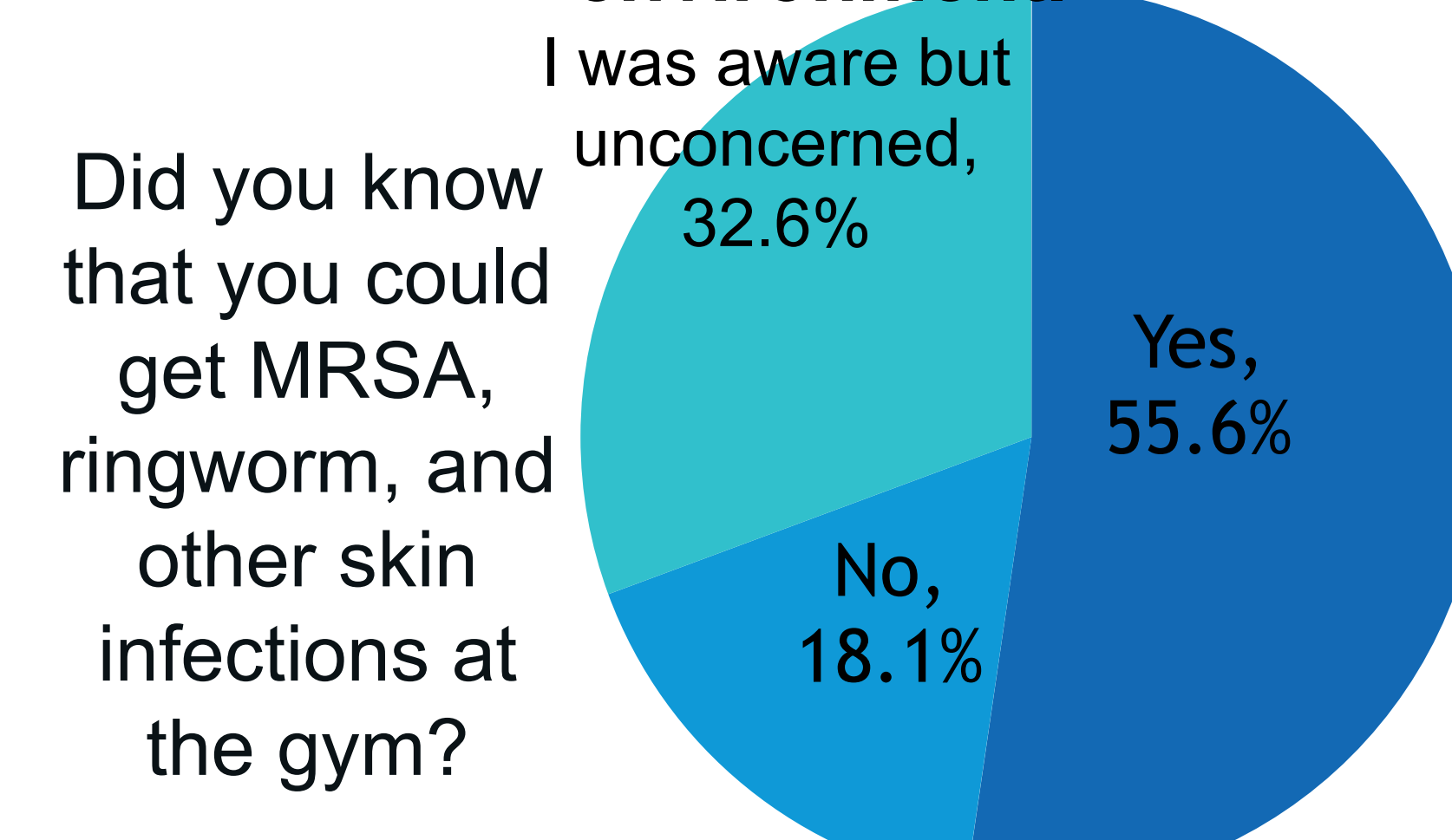
Students showed a lack a participation in cleaning.



Availability of sanitation products needs to be increased.



Students understood the risks of an unclean workout environment.



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